

FIBROMYALGIA - INVISIBLE PAIN by Pam Hillmann, RN - Valley VNA Senior Services

Fibromyalgia is a chronic condition characterized by widespread pain in muscles, ligaments and tendons, as well as, fatigue and multiple tender points on your body where even slight pressure causes pain. This is not a progressive condition and doesn't generally lead to other conditions or diseases. It does produce pain, depression and lack of sleep which can interfere with everyday life and how you function and interact with other people. The **symptoms** can vary, depending on the weather, stress, physical activity and even the time of day. Tender points are:

- Back of the head
- Between the shoulder blades
- Top of shoulders
- Front sides of neck
- Upper chest
- Outer elbows
- Sides of hip
- Inner knees



People with fibromyalgia often have sleep related problems. There is some evidence that there is a link between restless leg syndrome and sleep apnea.

While the **cause** is still unknown, some factors may work together to contribute to it including genetics, infections and physical or emotional trauma. **Treatment** can consist of medications, physical therapy, acupuncture, chiropractic care, massage therapy, stress relief, meditation and yoga. A healthy life style contributes to the management of this disease. Controlling pain and enhancing sleep will make it tolerable but there is no cure. Support groups may be helpful since this is a highly misunderstood chronic condition.



St. Patrick's Day - You don't need to be Irish to get in on the fun of St. Patrick's Day. This is a festive holiday that takes a wee bit of the dreariness out of the month of March and is fun for all ages. Here are a few suggestions:

- **Corned Beef And Cabbage Dinner** - This is a traditional Irish meal that you can make yourself. Don't forget the Irish Soda bread! Check out recipes online or at the library.
- **Traditional Irish Music** - Many places feature Irish bands for St. Patrick's Day. Enjoy a night out listening to traditional Irish music or if you're not up for going out, visit the library and rent a few CD's of traditional Irish songs to enjoy at home.
- **St. Patrick's Day Greeting Cards** - Everyone loves to get cards in the mail. Buy or make cards and send to your friends and family.

For a list of all local St. Patrick's Day events in your area visit www.shamrockclubwis.com



"May your thoughts be as glad as shamrocks. May your heart be as light as a song. May each day bring you bright happy hours, that stay with you all year long." Irish Blessing

MARCH EMPLOYEE ANNIVERSARIES

Barb Chambers - 1 year Kelly Krueger & Kati Laffea - 2 years Kathy Noffke - 6 years
Julie Wieland & Connie Verbrick - 9 years John Wydeven - 12 years
Colleen Harvot - 27 years

Special thanks for their hard work and dedication!!

DID YOU KNOW - March is celebrated worldwide as Women's History Month. National Women's History Month provides an excellent venue to recognize and celebrate women's historic achievements as well as an opportunity to honor women within our families and communities.

Valley VNA - Bringing the best care to you at home

- Assistance with household tasks
- Assistance when you're under the weather
- Foot Care
- Home Maids
- Transportation service



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UPCOMING CLINICS & SUPPORT GROUPS

**FOOT CARE CLINICS - THE COST IS \$21
PLEASE CALL FOR AN APPOINTMENT - 727-5555**

Valley VNA Senior Services-1535 Lyon Drive, Neenah

9 am-12 pm - Mar 10, 11, 23, 24

1-4 pm - Mar 22, 23

Hearthside Apartments - 210 Haylett St., Neenah

9 am-12 pm - Mar 23

Elizabeth Ct Apartments - 936 6th St., Menasha

9 am-12 pm - Mar 25

St. John's Lutheran Church - 808 N Main St., Oshkosh

1-4 pm - Mar 10

Menasha Senior Center - 116 Main St.

1-4 pm - Mar 3, 25

BLOOD PRESSURE CLINICS

YMCA, Neenah - 110 W. North Water St.

10:00 am-12 noon - Mar 3

ALZHEIMER'S/DEMENTIA SUPPORT GROUPS

Valley VNA Senior Services - Keller Community Center

- **Support Group** - Call for dates and times - Debbie Opperman - 920-232-8686
- **Support Group For Spouses** - Call for dates and times - Kathleen Albert - 920-727-5541



920-727-5555 - Fox Cities 920-426-1931 - Oshkosh 866-930-8862 - Toll Free

1535 Lyon Drive Neenah

www.valleyvna.org